

GIRLS TRAMP 100 MILES WITHOUT BLISTERED FEET

By Constantly Bathing Feet and Changing Shoes and Stockings Girls Avoid Suffering on Five Day Trip

ON E hundred miles without a blister! Such is the proud record of a little group of Camp Fire Girls who have been summering in the White Mountains. Young girls these were, too, not hardened mountain climbers, but so thoroughly did they enjoy "hiking" that though "Hannah," their faithful old automobile, hovered near they did not once seek refuge in the machine.

This is the secret of how they did it—told with pardonable pride by Mrs. Charles Farnsworth, their chaperon. "Two or three times a day, as often as we passed a convenient little brook, we stopped and bathed our feet," said Mrs. Farnsworth. "We have always heard terrible tales of other parties that suffered so from blisters that their trip was a failure. I made up my mind that there should be no repetition of those sufferings among my girls. We started out for fun, and no blister should come between us and the joys of our gypsy trip. The chief cause of blisters is the constant rubbing of the stockings against the same spot. Therefore to avoid blister we changed our stockings—and shoes too.

fragrant and cool the pine trees above it, those girls were never willing to stop. Perhaps there was a hilltop near and they simply couldn't wait till they had seen the view, or perhaps it was a village around the bend and they were simply perishing for soda water. But I insisted, and after a day or two they realized I was right. We were five days on the rocky roads of New Hampshire and we had not a single blister.

"Hannah" carried for each girl a couple of extra pairs of shoes and stockings. After we had bathed our feet in the brook and splashed around all we wanted to we rinsed out the stockings we had taken off and hung them on the automobile to dry. We rubbed the inside of the heels of the fresh stockings with soap to make the surface perfectly smooth and prevent friction against the skin. Then, of course, we used talcum powder abundantly.

"We found it very restful, too, to change shoes at least once a day. Each girl had three pairs, soft, low ties, rubber sneakers and high leather boots for wet roads. They all had low heels of course, and square toes. The ideal shoe for walking is the old shoe resoled, for then one has the comfortable easy top but the heavy sole, which is a protection against rough stones. We always wore the heaviest rubber sneakers f



Proud Record of Group of Young Camp Fire Girls on a Gypsy Trudge Through White Mountains

or without matches, and to prepare a meal. You may be pretty sure that nobody ever complained of the cooking after a ten mile walk over the mountains.

"At night we found a nice, friendly looking farmer and asked him for the privilege of sleeping in his barn on the hay. He was usually suspicious, but when we assured him we wouldn't light any matches he consented. Hay makes a wonderful bed. How those girls slept. There were no nerves, no insomnia in our crowd you may be sure. The only time our slumbers were disturbed was the night it rained in on us. Those girls lay there and made up poetry:

"Sprinkle, sprinkle, little star,
"How I wonder what you are,
"Up above the world so high,
"Like a faucet in the sky."

"In the morning the farmer, finding his farm intact, would be much more friendly, and his wife usually hovered about with protests that it was a shame we had to sleep on that hay. They never could believe we enjoyed it. They tried to make amends for their lack of hospitality by giving us new milk and eggs and ham for our breakfast. "Mother" usually insisted that "pa" could hitch up old Jerry just as easy as not and give some of us a lift over to Tompkins Mills, but of course we scorned to ride.

"Our progress created considerable

actually had no skirts with us, so no matter how delicate the sensibilities of the village, we marched through in all the 'horror' of bloomers, middie blouses, and red feather in hair, in what the girls called 'a couffure a la square'.

"How did we get the girls into condition to endure such a hard trip as this? Well, of course, this was at the end of our summer—after weeks of shorter walks. Girls who have never walked twenty blocks to school in the city walk two miles every day to the camp swimming hole. By the second week they think nothing of five or six miles in an afternoon. The healthy outdoor life and the release from corsets accounts for the suddenly acquired strength. Every morning for ten minutes before breakfast they have exercises to strengthen their backs. Of course, at first, they miss the support of the corset and get very tired, but after a few days they hate the thought of ever putting them on again. Every day, too, after dinner, every girl is obliged to rest for an hour, flat on her back. We insisted on that during the gypsy trip. It was hard to lie still when the heights ahead were calling, but we who knew the dangers of over-exertion were very stern about this. People who are veteran mountain climbers would laugh to see a dozen girls lying flat on their backs around a camp fire at high noon—but we didn't mind. We reached the top of Mount



Fun on their 100 mile tramp.

The girls stopped two or three times a day to bathe their feet.

The Camp Fire Girls enjoying a breakfast cooked and served in a field.

"It was not always easy to make the girls stop and bathe their feet. No matter how gurgly the brook, or how

part of each day. The change from shoes with heels, even low ones, to the sneakers, which have no heels, seemed to

relieve the strain on the muscles of the leg and prevented fatigue. "We cooked our own meals over the

camp fire, baked beans, bacon and eggs, when we could find a farmhouse in the vicinity, being our staple. "Hannah" carried the supplies, of course. It is part of every Camp Fire Girl's education to be able to build a camp fire with

excitement in those parts of rural New England, which are not yet familiar with bloomed gypsy trips. We

Washington in fine conditions and without a blister, which is more than most "hikers" can boast."

"Suppose you know by this time that we all arrived safely and of course all tired out. I held up very good, but really thought I would never get to bed. But glad to say after the first week I finally got enough sleep. I have been feeling very good since I arrived, and have gained six pounds."

GIRLS GET HEALTH FROM VACATION SOCIETY

WHAT has this vacation meant to you?"

This question was asked of more than 200 working girls entertained at eleven cottages in the country maintained by the Working Girls Vacation Society of 105 East Twenty-second street, this city.

"Life!" came back the answer practically in chorus.

"The girls who come to Breezy Corners are working girls of many occupations, living mostly in the congested sections of Manhattan," wrote one of the matrons in charge of a cottage. "To them it is a taste of freedom, good air and fun. Sometimes they have been in more or less poor health or simply run down from a year's toil. The fine air, wholesome food and rest with recreation generally appeal strongly and prove beneficial."

"In each case our society has given a new lease of physical and spiritual life," wrote another matron. "They come dismayed and discouraged and go back ready to take up their life's work singing and buoyant. Most of our girls have fairly comfortable homes, but owing to the high cost of living they must give to the family treasury their earnings and could not take a vacation at a regular boarding place. Oh, how they love the day of departure for their two weeks vacation!"

"Two weeks here seems to work wonders in the girls' appearance. Most of them come here pale, anemic, looking tired—oh, so tired!" wrote a third matron. "In the first week they usually are small eaters, but the second week—why, they eat like little pigs. What does it? Perfect freedom and rest. The average girl gains in two weeks from four to five pounds, some up to nine. I wish with all my heart that the house could hold twice as many."

Tales of toil, exhaustion, despair—transformed into new life, new health, new hopes, thanks to two weeks in the great outdoors—are told in the following excerpts from the letters of the girls themselves:

"It is really only the girl who has had a hard trying winter who can fully appreciate a vacation in the country. The winter months for me were full of hard work and besides I had been ill for quite a while, so when vacation days were being talked about, I was glad indeed. The pleasant room, the well cooked food and lovely spot for this vacation house all tend to make it an ideal place for the working girl for whom the year holds out fifty weeks of toil."

"It is about six years since I first learned of the Vacation Society. My health was awful at that time—a complete wreck. All muscular strength had left me. I never thought I would gain back my strength. Only for sending me to Huguenot, my sight by this time would be all gone. Blind and the world would be dead to me." This letter was written by an old seamstress, nearly blind, who is taken care of all summer.

"I have worked hard this winter, besides having so much sickness at home I have been sick in bed for two weeks. So I feel as though I needed

these two weeks rest. I often think if any good fortune comes to me that one of the first things I would do would be to contribute liberally toward the vacation fund, as I think it is such a good work and know how much it has done for my sister and me."

"What a difference between Cobalt and New York! When I look out of the window I see nothing but the big tenement houses and a lot of dirty kids

running about the streets, instead of the beautiful scenery I saw at Cobalt. Gee, it makes me feel terrible—as though I was in a strange land—all alone."

From Santa Clara in the Adirondacks, where the society maintains two special cottages for girls suffering from incipient tuberculosis, came many tales of suffering and of hope. Dr. A. M. Flood, the physician in charge, gave the following description of the work:

"Santa Clara is simply a repair shop run on the cross plan of sanitarium, boarding school and vacation home. The entire aim is to fit the individual in the shortest possible time for winter's work. We have sick girls, who cannot possibly be cured in the time they have to spend here, and yet most of them are patched up and taught how to take care of themselves, so that they can carry on their work and remain on the self-supporting list."

"At present we have fifty-seven girls here and twenty-four of them sleep on outdoor porches. We find that the girls

who sleep out usually gain more in weight and in hemoglobin. This does not follow as a hard and fast rule, however, and nobody is supposed to be indoors at all except for eating, dressing and sleeping. Anybody found loitering within four walls is promptly advised to go out. Nobody is made to sleep out unless her physical condition demands it, but we have no difficulty in keeping our porch beds full."

"There are no real medical rules here except that everybody must eat and sleep normally or give an excuse why not. Everybody has a physical exami-

nation within forty-eight hours after arrival and again every four weeks. The average gain for the individual for four weeks is from eight to ten pounds and the gain in hemoglobin from 10 to 15 per cent. It is a rare case that over-loses in weight or hemoglobin while here."

Excerpts from some of the letters of the girls at this health retreat follow:

"I am leaving Santa Clara to-morrow after a five weeks' stay. I can hardly tell you in words what this glorious opportunity has meant to me and how much it will mean in the future. The

great and worthy assistance the society extends to girls of my means, who are handicapped, as I am, is indeed a salvation."

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"I have gained three pounds in weight, which I don't mind so much, but was tickled to gain 20 per cent. in blood, and have also gained a great deal in strength and have no one to thank but the society, for their kind generosity, and highly appreciate the good thing they are doing for us working girls, for we would never be able to do all this for ourselves."

"I was indeed glad to get back to Santa Clara, as I was tired out."

"I have not been able to work a over two years, but the doctor thinks if I keep on improving I will be able to in the fall, for which I am very grateful."

"I have been able to keep quite steady at work through the winter by my rest here and the pleasure of thinking of the many good times we have had of meeting those who have been so good to me at Santa Clara, and looking forward to an ideal place to rest has kept me very happy."

"Even though I have only gained one pound in weight, I have gained a great deal of knowledge. The stay here has given me new life, for the bad spirit of the house has caused me to forget my weary troubles of New York."

The Working Girls Vacation Society, which is now thirty years old, maintains eleven cottages in New York, New Jersey and Connecticut where working girls have vacations. Last year the society furnished vacations for 1,218 girls.

Only those who are broken in health are aided by the society. Every applicant is obliged to present a physician's certificate. The work is entirely non-sectarian. Each girl must be recommended by some responsible person. A four night's vacation is usually allowed, though when it is considered necessary more time is given. Each girl is required to pay a nominal sum for board, if possible, but no worthy girl unable to pay is refused.

The society has two houses in the Adirondacks where girls suffering from incipient tuberculosis have an opportunity to fortify themselves against ravages of the disease. In many cases the girls are cured. They are brought back to health by good food and good air. They receive expert medical attention and advice. During their stay, which is usually four weeks, they study domestic science in a special school maintained by the society.

Officers of the society are: President, Mrs. William Herbert; vice-president, Mrs. Richard Irving; Mrs. Nathaniel Withersell and Miss Susan D. Griffith; secretary, Miss Marion Davis; treasurer, Miss Marion Davis; assistant secretary, Miss E. A. Buchanan; treasurer, Miss Edith B. B.

"Bill" Snyder Appeals for Funds to Build Home for These Cubs



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"Bill" Snyder, the famous keeper who looks after the animals in Central Park, and for whom the animals in Central Park are always on the lookout, for the

good things he carries to them, treated the visitors to the Park recently to a near view of the five young "kitten" lion cubs, born there on July 11.

"Bill" hopes that a fund of \$75,000 be raised with which to erect a modern fireproof building wherein to house the most magnificent lion family in cap-

tivity, as well as for the accommodation of the tigers, leopards and pumas. To prove that the little cubs were no more harmful to play with than kittens, little Elizabeth Raleigh and Al-

fredo Wilson, both 12 years of age, played with the quintet of cubs to the delight of the crowd. The cubs are: Men-E-Lek, Dar-fur, Ber-ber, males, and Ta-na and Ju-la, females.